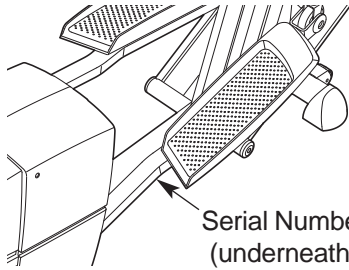


Reebok RL 645

Patent Pending

Model No. RBEL79740

Serial No. _____



Serial Number Decal
(underneath frame)

USER'S MANUAL

QUESTIONS?

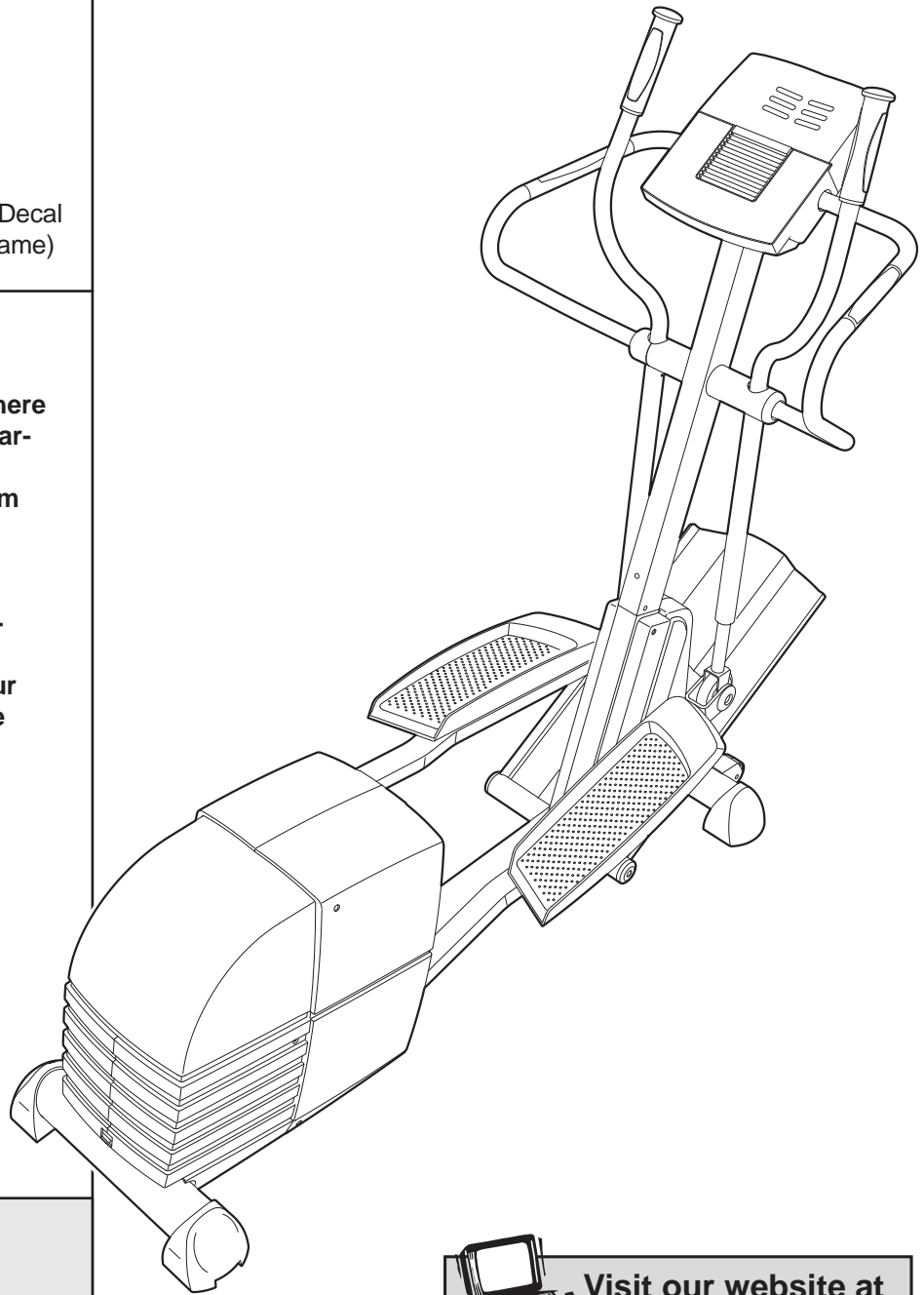
If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:

1-877-994-4999

Mon.-Fri., 6 a.m.-6 p.m. MST



CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.



Visit our website at


www.reebokhomefitness.com

*new products, prizes,
fitness tips, and much more!*

Reebok RL 645

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IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the elliptical exerciser.

1. Read all instructions in this manual before using the elliptical exerciser.
2. It is the responsibility of the owner to ensure that all users of the elliptical exerciser are adequately informed of all precautions.
3. The elliptical exerciser is intended for in-home use only. Do not use the elliptical exerciser in a commercial, rental, or institutional setting.
4. Place the elliptical exerciser on a level surface, with a mat beneath it to protect the floor or carpet. Keep the elliptical exerciser indoors, away from moisture and dust.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under age 12 and pets away from the elliptical exerciser at all times.
7. The elliptical exerciser should not be used by persons weighing more than 250 pounds.
8. Wear appropriate exercise clothes when using the elliptical exerciser. Always wear athletic shoes for foot protection.
9. Keep your back straight when using the elliptical exerciser; do not arch your back.
10. Always hold the handlebars or the upper body arms when mounting, dismounting, or using the elliptical exerciser.
11. If you feel pain or dizziness at any time while exercising, stop immediately and cool down.
12. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
13. When you stop exercising, allow the pedals to slowly come to a stop. The elliptical exerciser does not have a free wheel; the pedals will continue to move until the flywheel stops.
14. Always unplug the power cord immediately after use and before cleaning the elliptical exerciser.
15. The decals shown on page 4 have been placed on the elliptical exerciser. If a decal is missing or illegible, please call our Customer Service Department toll-free at 1-877-994-4999 and order a free replacement decal. Apply the decal in the location shown.

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

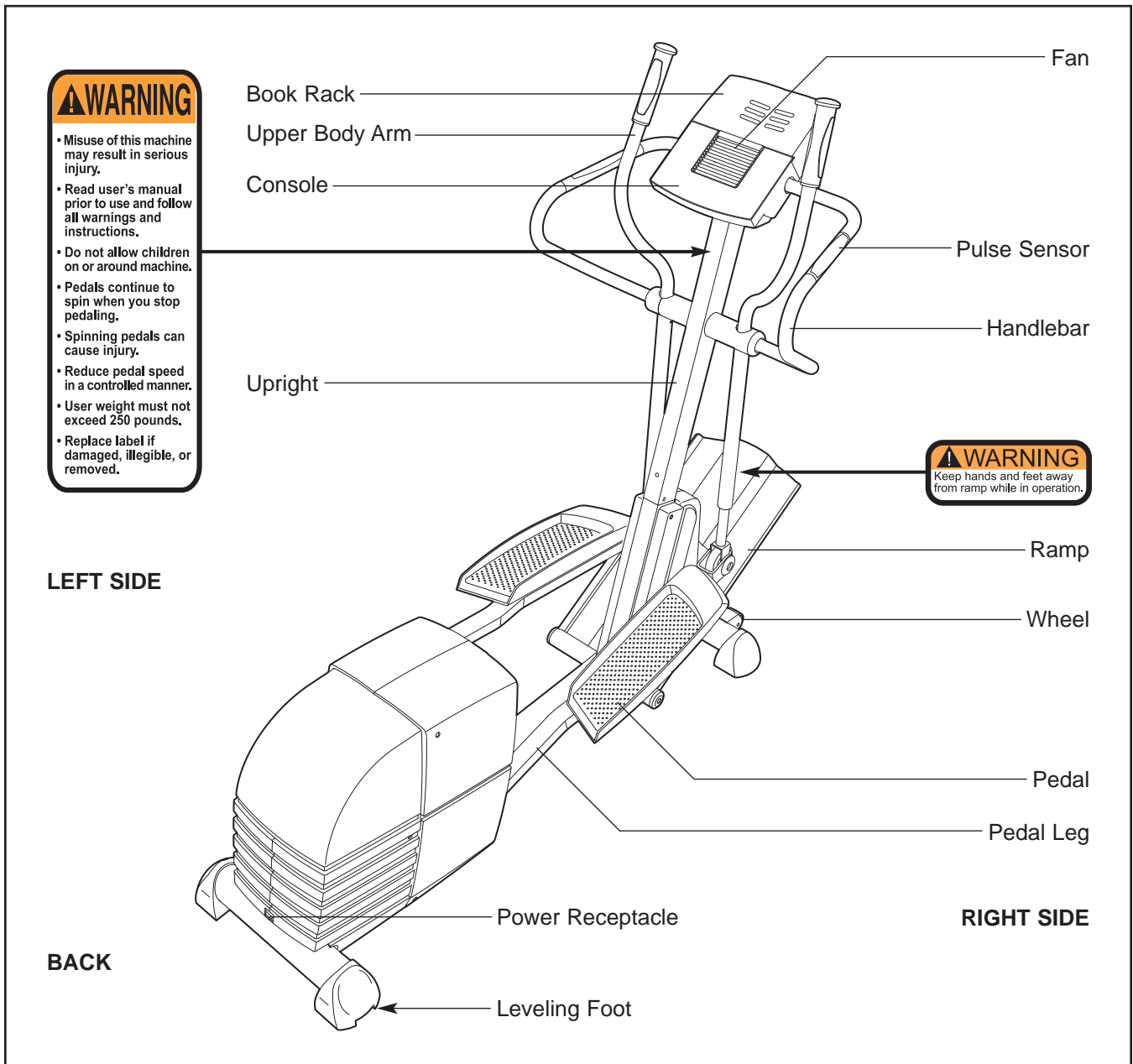
BEFORE YOU BEGIN

Congratulations for selecting the new REEBOK® RL 645 elliptical exerciser. The RL 645 is an incredibly smooth exerciser that moves your feet in a natural elliptical path, minimizing the impact on your knees and ankles. And the unique RL 645 features adjustable resistance and incline to help you get the most from your exercise. Welcome to a whole new world of natural, elliptical-motion exercise from REEBOK.





For your benefit, read this manual carefully before you use the elliptical exerciser. If you have ques-

tions after reading this manual, please call our Customer Service Department toll-free at 1-877-994-4999, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is RBEL79740. The serial number can be found on a decal attached to the elliptical exerciser (see the front cover of this manual for the location of the decal).

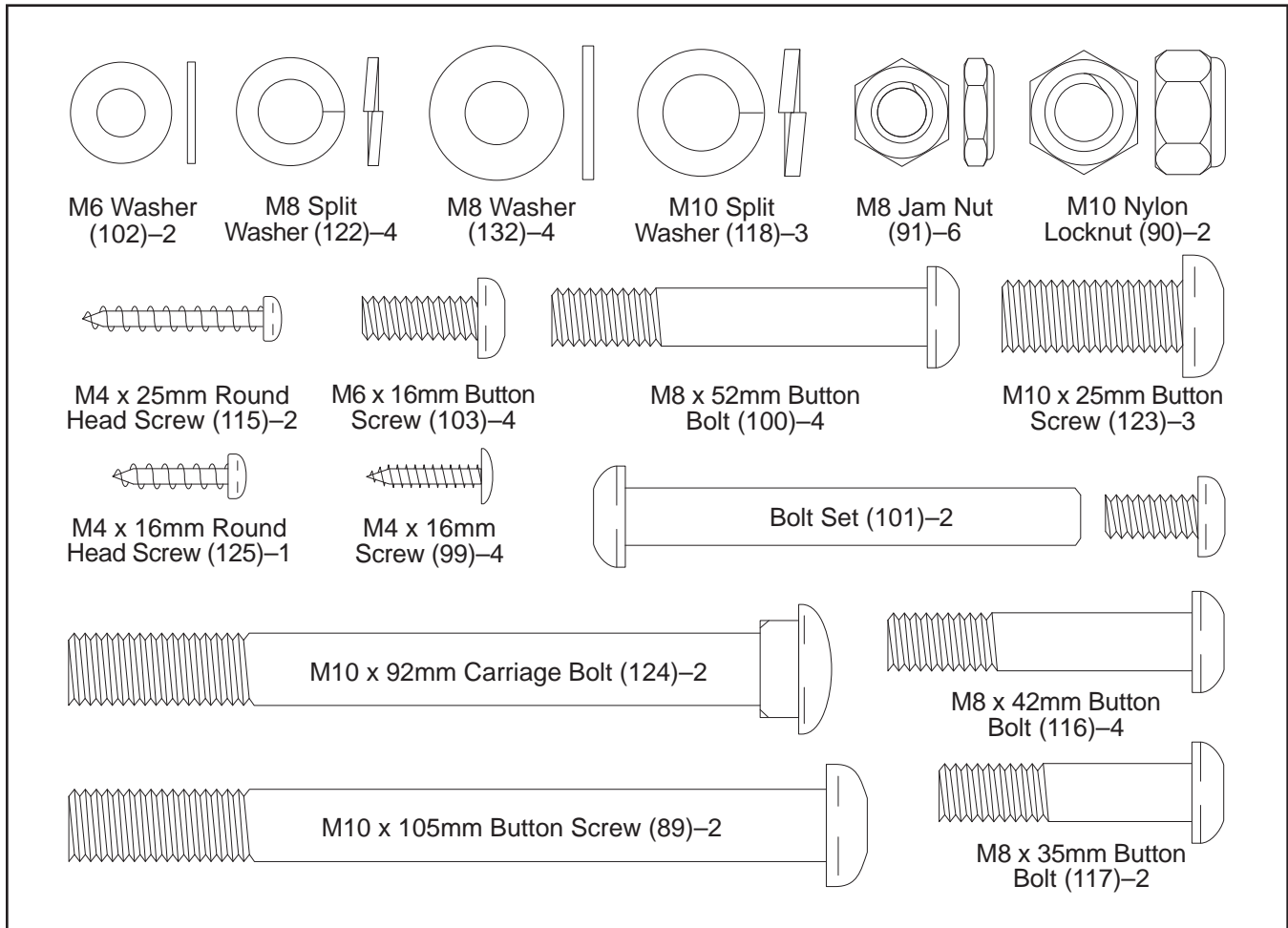
Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



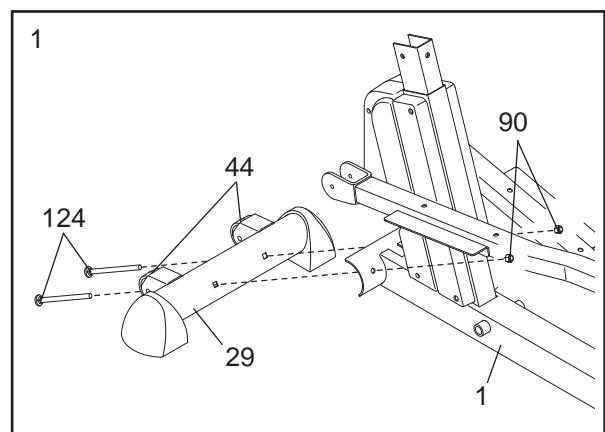
ASSEMBLY

Assembly requires two persons. Place all parts of the elliptical exerciser in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. **In addition to the included allen wrenches, assembly requires a phillips screwdriver** , **two adjustable wrenches** , **a rubber mallet** , **and pliers** .

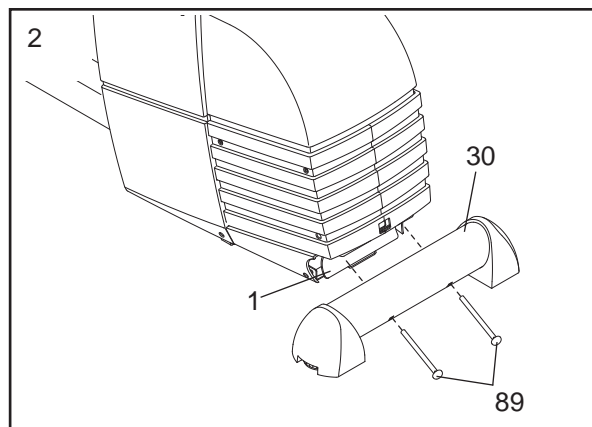
As you assemble the elliptical exerciser, use the drawings below to identify the small parts used for assembly. The number in parenthesis below each drawing is the key number of the part, from the PART LIST on pages 24 and 25. The number following the key number is the quantity used for assembly. **Note: Some small parts may have been pre-assembled. If a part is not in the parts bag, check to see if it has been pre-assembled.**



1. Identify the Front Stabilizer (29), which has Wheels (44) attached to the front. While another person lifts the front of the Frame (1), attach the Front Stabilizer to the Frame with two M10 x 92mm Carriage Bolts (124) and two M10 Nylon Locknuts (90).

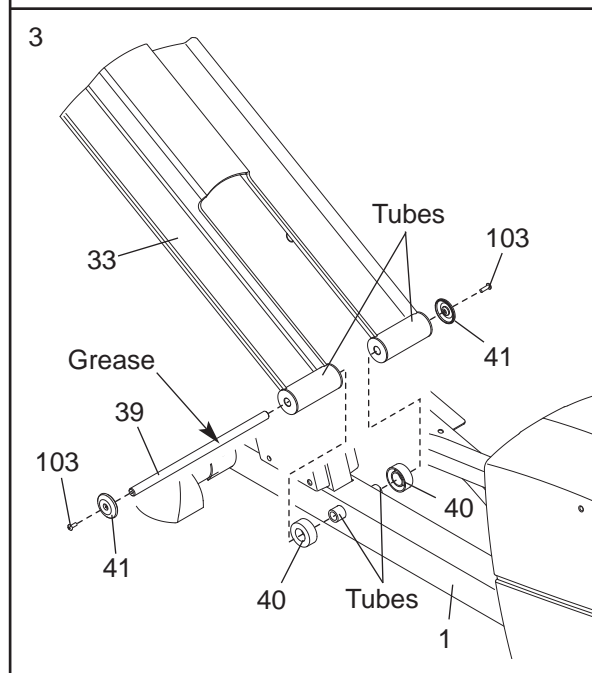


2. While another person lifts the rear of the Frame (1), attach the Rear Stabilizer (30) to the Frame with two M10 x 105mm Button Screws (89).



3. Identify the Ramp Axle (39), which is the longest axle. Next, identify the Ramp Axle Covers (41), which are smaller than the Wheel Covers (not shown). Slide a Ramp Axle Cover onto an M6 x 16mm Button Screw (103) as shown. Tighten the Button Screw into one end of the Ramp Axle. Apply a small amount of the included grease to the Ramp Axle.

Have a second person hold the two Ramp Bushings (40) against the indicated tubes on the Frame (1). Align the tubes on the Ramp (33) with the Ramp Bushings; **make sure that the Ramp is turned as shown**. Insert the open end of the Ramp Axle (39) into the Ramp, the Ramp Bushings, and the Frame. If necessary, tap the Ramp Axle with a rubber mallet to insert it.

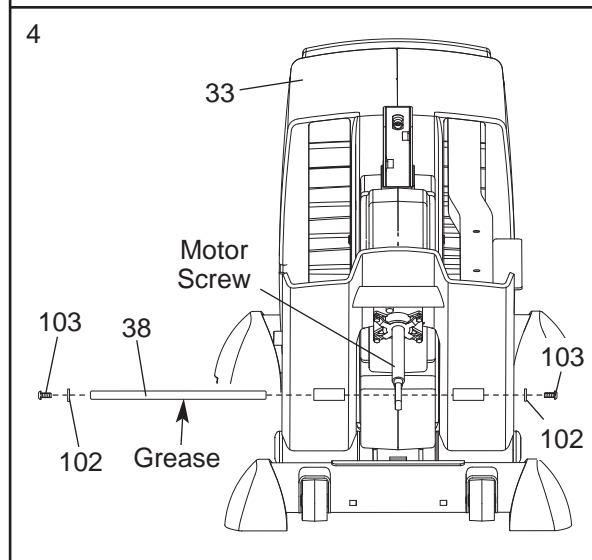


Slide the other Ramp Axle Cover (41) onto an M6 x 16mm Button Screw (103) as shown. Tighten the Button Screw into the open end of the Ramp Axle (39).

4. Slide an M6 Washer (102) onto an M6 x 16mm Button Screw (103). Tighten the Button Screw into one end of the Lift Axle (38). Apply a small amount of grease to the Lift Axle.

Raise the Ramp (33). Insert the Lift Axle (38) into the welded tube under one side of the Ramp, through the motor screw, and then into the welded tube under the other side of the Ramp. **As you insert the Incline Axle through the motor screw, make sure that the motor screw does not turn.**

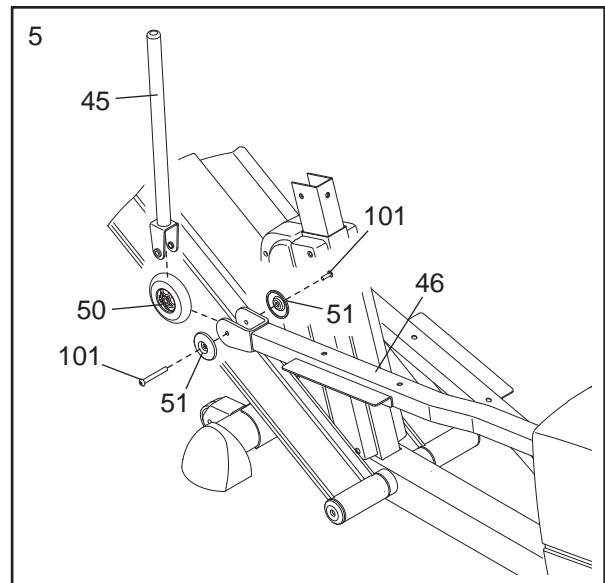
Slide an M6 Washer (102) onto an M6 x 16mm Button Screw (103). Tighten the Button Screw into the open end of the Lift Axle (38).



5. Hold a Ramp Wheel (50) inside of the bracket on one of the Chrome Tubes (45). Hold the Chrome Tube and the Ramp Wheel inside of the bracket on the Left Pedal Leg (46). Slide a Wheel Cover (51) onto the long part of a Bolt Set (101), and insert the Bolt Set into the Left Pedal Leg, the Chrome Tube, and the Ramp Wheel.

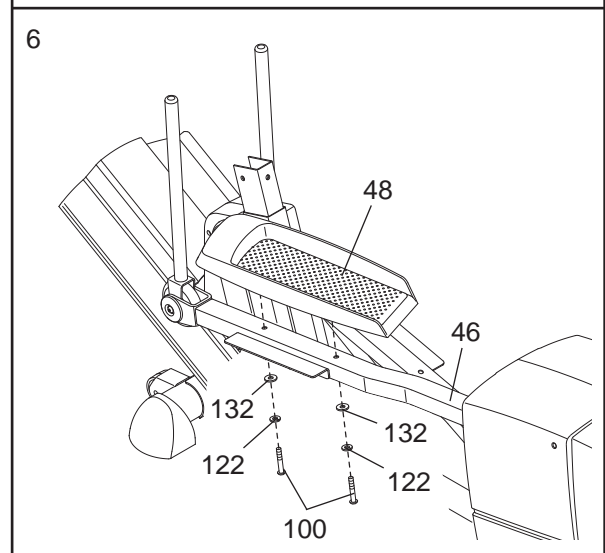
Slide a Wheel Cover (51) onto the short part of the Bolt Set (101). Then, tighten the short part of the Bolt Set into the long part.

Attach the other Chrome Tube (not shown) and the other Ramp Wheel (not shown) to the right side of the elliptical exerciser in the same way.



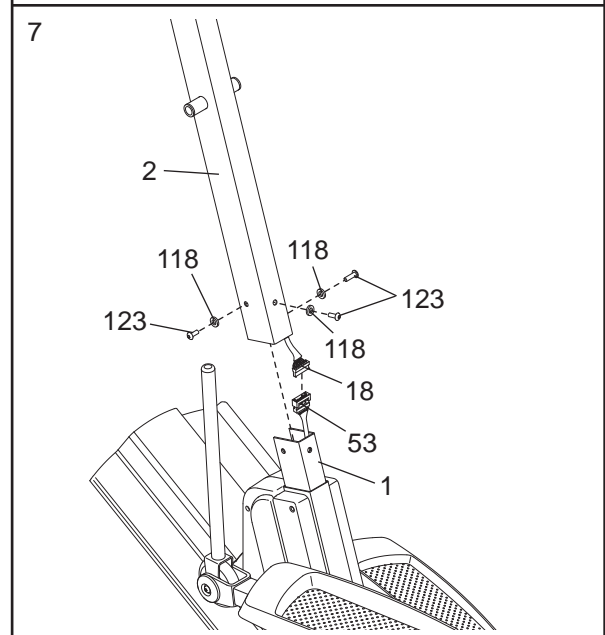
6. Identify the Left Pedal (48), which is marked with an "L." Attach the Left Pedal to the Left Pedal Leg (46) with two M8 x 52mm Button Bolts (100), two M8 Split Washers (122), and two M8 Washers (132).

Attach the Right Pedal (not shown) to the Right Pedal Leg (not shown) in the same way.



7. Have another person hold the Upright (2) in the position shown. **Make sure that the Upright is turned so that the three holes are aligned with the holes in the Frame (1).**

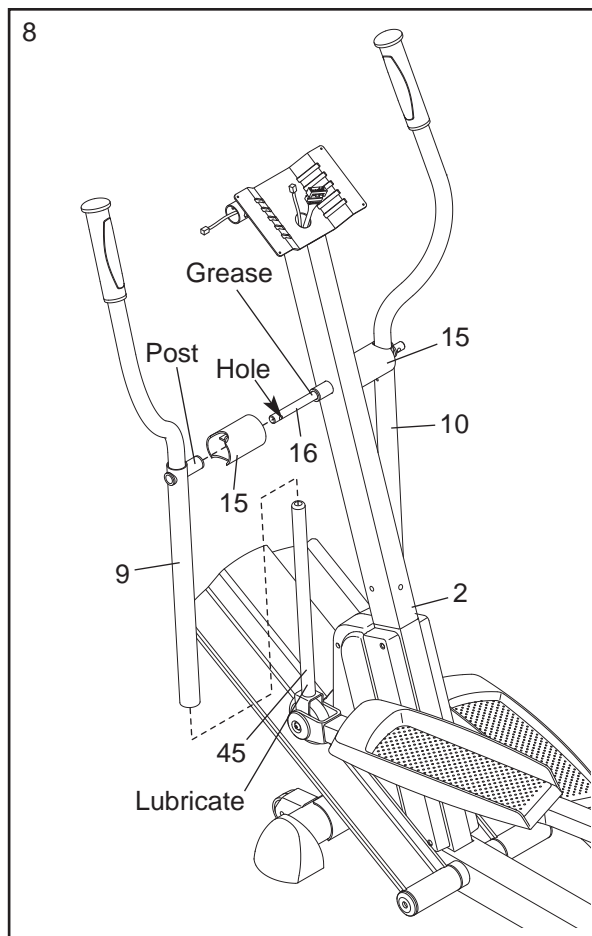
Connect the Upper Wire Harness (18) to the Lower Wire Harness (53). **Carefully pull the upper end of the Upper Wire Harness to remove the slack from the Wire Harnesses.** Slide the Upright (2) onto the Frame (1). **Be careful to avoid pinching the Wire Harnesses.** Attach the Upright to the Frame with three M10 x 25mm Button Screws (123) and three M10 Split Washers (118).



8. Apply a small amount of the included Teflon® lubricant to a paper towel. Rub a thin film of the lubricant onto each Chrome Tube (45).

Identify the Left Upper Body Arm (9), which is marked with an "L." Slide the Left Upper Body Arm onto the left Chrome Tube (45). Slide the Right Upper Body Arm (10) onto the right Chrome Tube (not shown). **Make sure that the Upper Body Arms are on the correct sides.** Next, slide an Upper Body Cover (15) onto the post on each Upper Body Arm.

Apply grease to the Pivot Axle (16). Insert the Pivot Axle into the Upright (2), the right Upper Body Cover (15), and the Right Upper Body Arm (10). Next, push the Pivot Axle into the Upright **until the left end of the Pivot Axle is flush with the left side of the Upright.** Then, raise the Left Upper Body Arm (9), and insert the Pivot Axle into the left Upper Body Cover and the Left Upper Body Arm. Center the Pivot Axle and rotate it so the indicated hole is in the position shown.

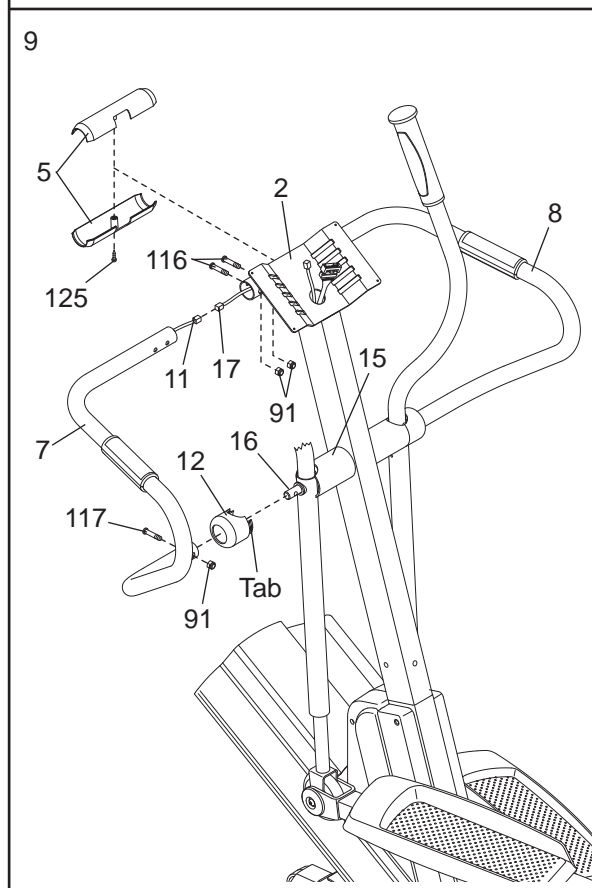


9. Have another person hold the Left Handlebar (7) near the Upright (2) as shown. Connect the left Pulse Sensor Wire (11) to the Pulse Extension Wire (17). Slide a Handlebar Cap (12) onto the lower end of the Left Handlebar.

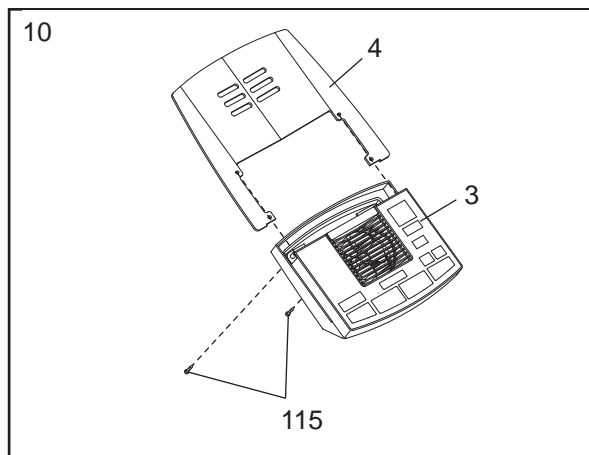
Slide the upper end of the Left Handlebar (7) into the tube on the front of the Upright (2), while sliding the lower end of the Left Handlebar onto the Pivot Axle (16). Attach the upper end of the Left Handlebar with two M8 x 42mm Button Bolts (116) and two M8 Jam Nuts (91); **be careful not to damage the Wires (11, 17) as you insert the Button Bolts. Make sure that the Jam Nuts are resting in the hexagonal holes in the tube on the front of the Upright.** Attach the lower end of the Left Handlebar with an M8 x 35mm Button Bolt (117) and an M8 Jam Nut (91). Press the tabs on the Handlebar Cap (12) into the left Upper Body Cover (15).

Attach the Right Handlebar (8) to the Upright (2) in the same way.

Hold the halves of the Upper Handlebar Cover (5) around the tube on the front of the Upright (2). Attach the Upper Handlebar Cover with an M4 x 16mm Round Head Screw (125); **be careful not to damage the Wires (11, 17).**



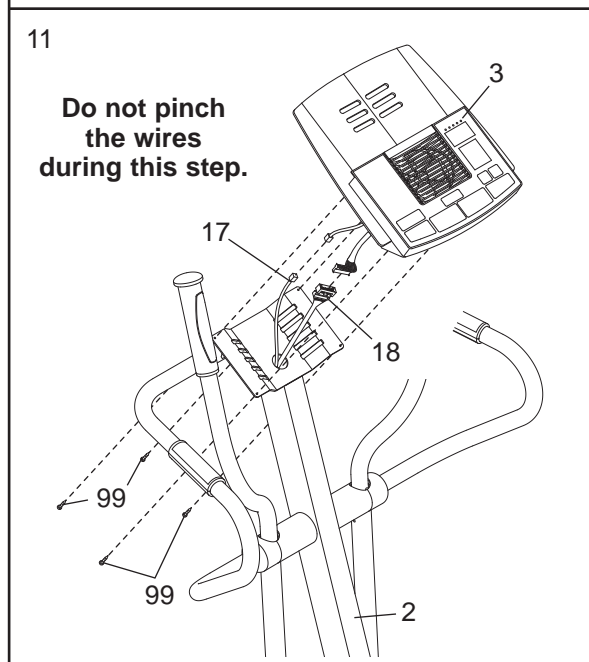
10. Attach the Book Rack (4) to the Console (3) with two M4 x 25mm Round Head Screws (115).



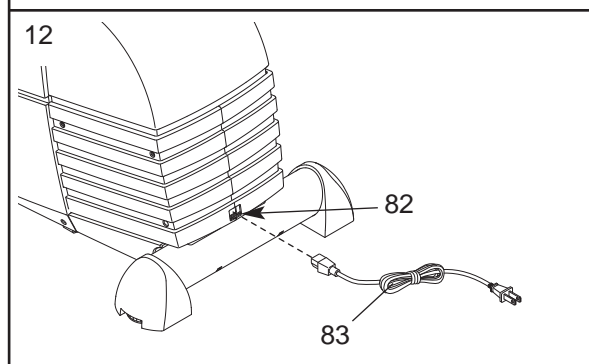
11. Have another person hold the Console (3) near the Upright (2).

Connect the Upper Wire Harness (18) to the wire harness on the Console (3). Connect the Pulse Extension Wire (17) to the pulse wire on the Console.

Carefully insert all excess wiring down into the Upright (2). Attach the Console (3) to the Upright with four M4 x 16mm Screws (99). **Be careful to avoid pinching the wires.**



12. Plug the Power Cord (83) into the Power Receptacle (82) at the rear of the elliptical exerciser.



13. **Make sure that all parts of the elliptical exerciser are properly tightened.** Cover the floor beneath the elliptical exerciser to protect the floor from damage. Note: Some extra hardware may be left over.

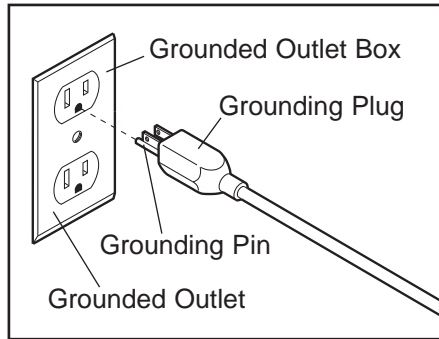
ELLIPTICAL EXERCISER OPERATION

HOW TO PLUG IN THE POWER CORD

This product must be grounded.

If it should malfunction or break down, grounding provides a path of least resistance for electric

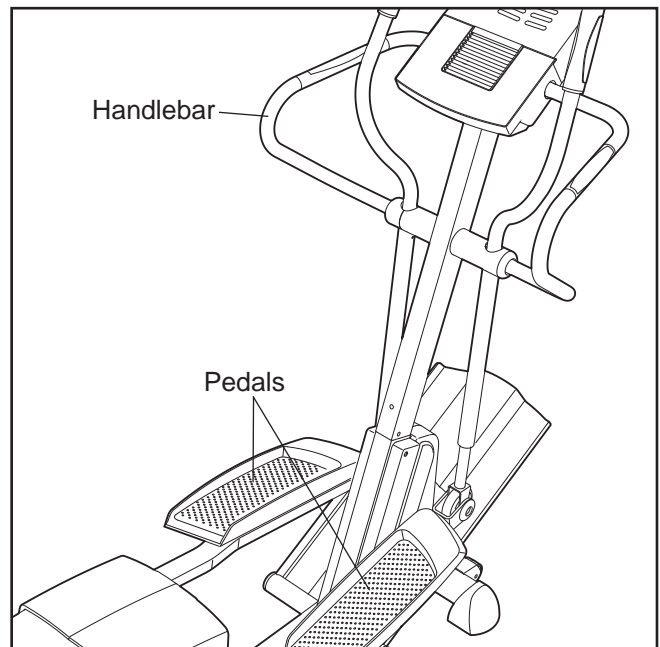
current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. This product is for use on a nominal 120-volt circuit. Important: The elliptical exerciser is not compatible with GFCI-equipped outlets.**



The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**

EXERCISING ON THE ELLIPTICAL EXERCISER

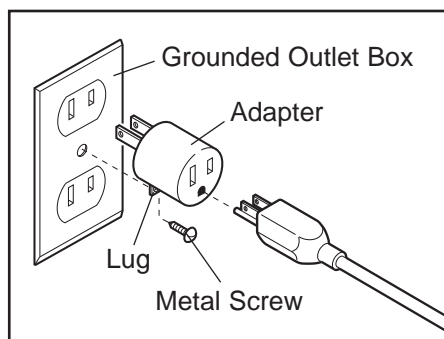
To mount the elliptical exerciser, hold the handlebars and step onto the pedal that is in the lowest position. Next, step onto the other pedal. Push the pedals until they begin to move with a continuous motion.



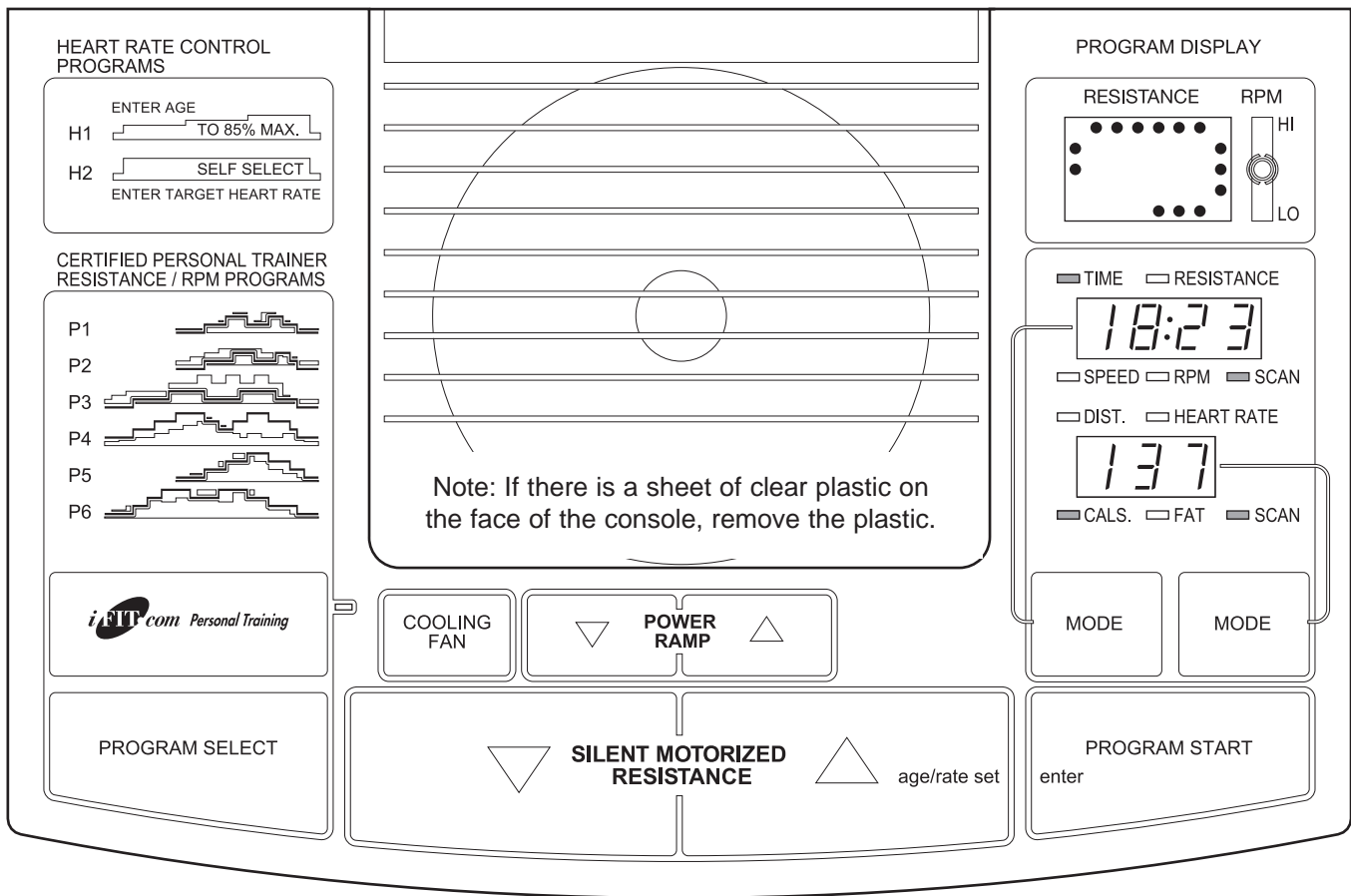
⚠ DANGER: Improper connection of the equipment-grounding conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

A temporary adapter may be used to connect the power cord to a 2-pole receptacle as shown at the right if a properly grounded outlet is not

available. The temporary adapter should be used only until a properly grounded outlet can be installed by a qualified electrician.



To dismantle the elliptical exerciser, wait until the pedals come to a complete stop. **The elliptical exerciser does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the highest pedal first. Then, step off the lowest pedal.



FEATURES OF THE CONSOLE

The advanced console offers a selection of features designed to make your workouts more enjoyable and effective. When the manual mode of the console is selected, the resistance of the pedals can be changed with the touch of a button. As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor.

The console also offers six preset programs. Each program automatically changes the resistance of the pedals and prompts you to increase or decrease your pace as it guides you through an effective workout.

In addition, the console features two heart rate programs that automatically change the resistance of the pedals and prompt you to vary your pace to keep your heart rate near a target heart rate as you exercise.

The console also features iFIT.com interactive technology. Having iFIT.com interactive technology is like having a personal trainer in your home. Using the included

audio cable, you can connect the elliptical exerciser to your home stereo, portable stereo, computer, or VCR and play special iFIT.com CD and video programs (iFIT.com CDs and videocassettes are available separately). iFIT.com CD and video programs automatically control the resistance of the pedals and prompt you to vary your pace as a personal trainer coaches you through every step of your workout. High-energy music provides added motivation. **To purchase iFIT.com CDs and videocassettes, call toll-free 1-877-994-4999.**

With the elliptical exerciser connected to your computer, you can also go to our Web site at www.iFIT.com and access programs directly from the internet. **Explore www.iFIT.com for more information.**

To use the manual mode of the console, see page 12. To use a preset program, see page 14. To use a heart rate program, see page 15. To use an iFIT.com CD or videocassette, see page 20. To use a program directly from our Web site, see page 21.

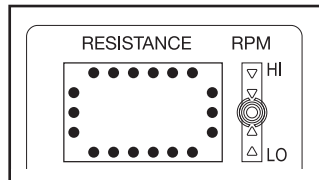
HOW TO USE THE MANUAL MODE

1 Begin pedaling to activate the console.

To activate the console, begin pedaling or push any button on the console. After a few seconds, the console displays will light. A tone will then sound and the console will be ready for use.

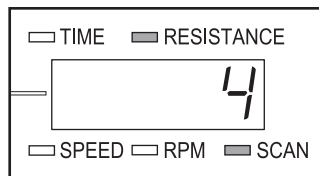
2 Select the manual mode.

When the power is turned on, the manual mode will be selected. If you have selected a program or the iFIT.com mode, select the manual mode by pressing the Program Select button repeatedly until a track appears in the matrix and the iFIT.com indicator is **not** lit.



3 Begin pedaling and change the resistance of the pedals as desired.

As you pedal, change the resistance of the pedals by pressing the Resistance buttons. There are ten resistance levels. Note: After the buttons are pressed, it will take a moment for the pedals to reach the selected resistance level.

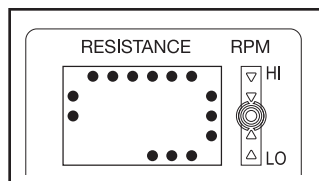


4 Adjust the angle of the ramp as desired.

As you pedal, change the angle of the ramp by pressing the Power Ramp buttons. Note: After the Power Ramp buttons are pressed, it will take a moment for the ramp to reach the selected angle.

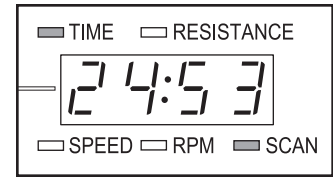
5 Monitor your progress with the matrix and the two displays.

The matrix—
When the manual mode or the iFIT.com mode is selected, the matrix will show a

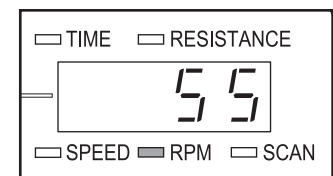


track representing 1/4 mile. As you exercise, the indicators around the track will light in succession until the entire track is lit. The track will then darken and the indicators will again begin to light in succession.

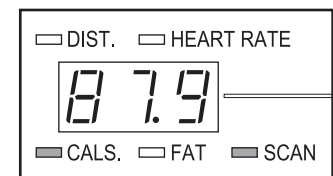
The upper display—The upper display will show the elapsed time, the resistance level of the pedals, your pedaling speed, and your pedaling pace, in revolutions per minute (RPM). The display will change from one number to the next every few seconds, as shown by the indicators in the display. Note: When a program is selected, the display will show the time *remaining* in the program instead of the elapsed time. Each time the resistance of the pedals changes, the display will show the resistance level.



If desired, you can select a single mode for continuous display. Press the left Mode button repeatedly until the desired mode indicator is lit; make sure that the Scan indicator is not lit.



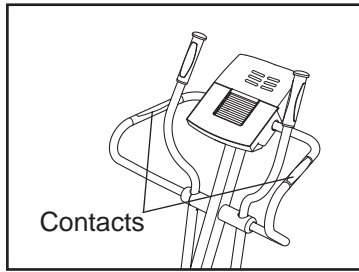
The lower display—The lower display will show the distance you have pedaled and the approximate number of calories and fat calories you have burned (see FAT BURNING on page 23). The display will change from one number to the next every few seconds, as shown by the indicators in the display. The display will also show your heart rate when you use the handgrip pulse sensor.



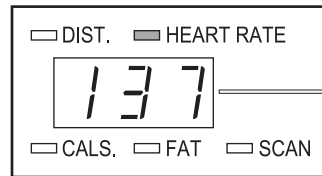
If desired, you can select a single mode for continuous display. Press the right Mode button repeatedly until the desired mode indicator is lit; make sure that the Scan indicator is not lit.

6 Measure your heart rate if desired.

If there are thin sheets of plastic on the metal contacts on the handgrip pulse sensor, peel off the plastic. To measure your heart rate, hold the contacts; your palms must be resting on the contacts closest to you, and your fingers must be touching the opposite contacts. **Avoid moving your hands.**



When your pulse is detected, your heart rate will be shown. For the most accurate heart rate reading, hold the contacts for at least 15 seconds.



Note: If you continue to hold the pulse sensor, the lower display will show your heart rate for up to 30 seconds. The display will then show your heart rate along with the other modes.

If your heart rate is not shown, make sure that your hands are positioned as described. Avoid moving your hands excessively or squeezing the metal contacts too tightly. For optimal performance, periodically clean the metal contacts using a soft cloth; **never use alcohol, abrasives, or chemicals.**

7 Turn on the fan if desired.

To turn on the fan at low speed, press the Cooling Fan button. To turn on the fan at high speed, press the button a second time. To turn off the fan, press the button a third time. Note: If the fan is turned on but the pedals are not moved for thirty seconds, the fan will automatically turn off.

8 When you are finished exercising, the console will automatically turn off.

If the pedals are not moved for a few seconds, a tone will sound, the console will pause, and the upper display will begin to flash.

If the pedals are not moved for about five minutes, the console will turn off and the displays will be reset.

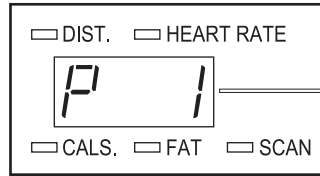
HOW TO USE PRESET PROGRAMS

1 Begin pedaling to activate the console.

See step 1 on page 12.

2 Select one of the six preset programs.

To select a preset program, press the Program Select button repeatedly until "P 1," "P 2," "P 3," "P 4," "P 5," or "P 6" appears in the lower display.

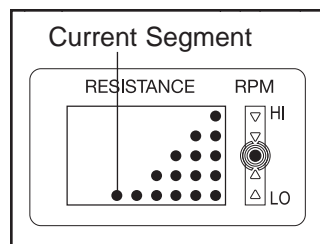


When a preset program is selected, the matrix will show the first six resistance settings of the program.

3 Press the Program Start button or begin pedaling to start the program.

Each program is divided into several time segments of different lengths. One resistance setting is programmed for each segment. (The same resistance setting may be programmed for two or more consecutive segments.)

The resistance setting for the first segment will be shown in the flashing Current Segment column of the matrix. The resistance settings for the next five segments will be shown in the columns to the right.



When only three seconds remain in the first segment of the program, a series of tones will sound; *all resistance settings will then move one column to the left*. The resistance setting for the second segment will then be shown in the flashing Current Segment column and the resistance of the pedals will automatically change to the resistance setting for the second segment.

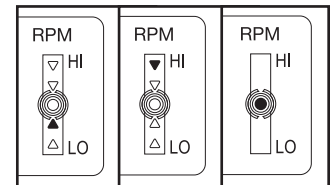
The program will continue until the resistance setting for the last segment is shown in the Current

Segment column of the matrix and no time remains in the program.

Note: During the program, you can override the resistance setting for the current segment by pressing the Resistance buttons. However, when the next segment begins, the resistance will automatically change if a different resistance setting is programmed for the next segment. If you stop pedaling for several seconds, a tone will sound and the program will pause. To restart the program, simply resume pedaling.

4 Use the pace (RPM) guide.

During preset programs, the pace guide will prompt you to increase or decrease your pedaling pace. When one of the arrows



below the center indicator lights, increase your pace; when one of the arrows above the center indicator lights, decrease your pace. When the center indicator lights, maintain your current pace. **Important: The pace settings of the program are intended only to provide a goal. Make sure to pedal at a pace that is comfortable for you.**

5 Adjust the angle of the ramp as desired.

See step 4 on page 12.

6 Monitor your progress with the two displays.

See step 5 on page 12.

7 Measure your heart rate if desired.

See step 6 on page 13.

8 Turn on the fan if desired.

See step 7 on page 13.

9 When you are finished exercising, the console will automatically turn off.

See step 8 on page 13.

HOW TO USE HEART RATE PROGRAMS

Heart rate program 1 is designed to keep your heart rate between 60% and 85% of your *estimated maximum heart rate* while you exercise. Note: Your maximum heart rate is estimated by subtracting your age from 220. For example, if you are 30 years old, your estimated maximum heart rate is 190 ($220 - 30 = 190$).

Heart rate program 2 will keep your heart rate near a target heart rate that you select.

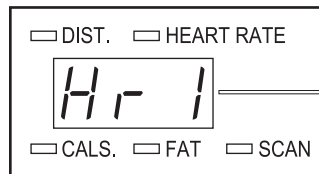
Follow the steps below to use a heart rate program.

1 Begin pedaling to activate the console.

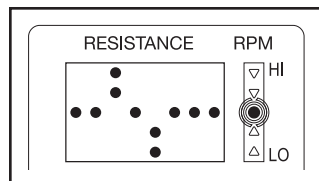
See step 1 on page 12.

2 Select one of the heart rate programs.

To select a heart rate program, press the Program Select button repeatedly until "Hr1" or "Hr2" appears in the lower display.

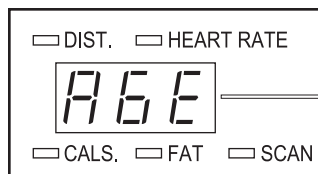


During heart rate programs, the matrix will show a graphic that represents your heart rate. Each time a heartbeat is detected, an additional peak will appear.



3 Enter your age.

After a heart rate program is selected, the word "AGE" and the current age setting will flash in the lower display. You must enter your age to use a heart rate program. If you have already entered your age, press the Enter (Program Start) button and go to step 4. If you have not entered your age, press the



Age/Rate Set (Resistance) buttons repeatedly to enter your age, and then press the Enter button. Once you have entered your age, it will be saved in memory.

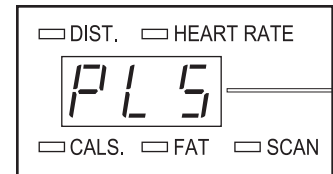
4 Enter a target heart rate.

If you selected heart rate program 1, you do not need to enter a target heart rate. Go to step 5.

If you selected heart rate program 2, the letters "PLS" and a target heart rate will flash in the lower display. Press the +

or - button repeatedly to change the target heart rate, if desired. Then, press the Enter button.

Note: See the heart rate chart on page 23 for heart rate guidelines.



5 Hold the handgrip pulse sensor.

It is not necessary to hold the handgrips continuously during the program; however, you should hold the handgrips frequently for the program to operate properly. **Each time you hold the handgrips, keep your hands on the metal contacts for at least 30 seconds.** Note: When you are not holding the handgrips, the letters "PLS" will appear in the lower display instead of your heart rate.

6 Begin pedaling to start the program.

Each heart rate program consists of 20 one-minute segments. One target heart rate is programmed for each segment. Note: The same target heart rate may be programmed for two or more consecutive segments. If heart rate program 2 is selected, the same target heart rate is programmed for all segments.

At the end of each segment, a series of tones will sound. As you pedal, the console will regularly compare your heart rate to the target heart rate. If your heart rate is too far below or above the target heart rate, the resistance of the pedals will automatically increase or decrease to bring your heart rate closer to the target heart rate.

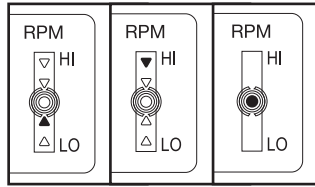
Note: If the resistance is too high or too low, you can adjust the resistance by pressing the Resistance buttons. However, when the console compares your heart rate to the target heart rate, the resistance may automatically change.

The pace guide will help you to maintain a constant pace during the program.

When one of the arrows below the center indicator lights, increase your pace; when one of the arrows above the center indicator lights, decrease your pace. When the center indicator lights, maintain your current pace.

Important: The pace guide is intended only to provide a goal. Make sure to pedal at a pace that is comfortable for you.

The program will continue in this way until the upper display shows that no time remains in the program.



Note: If you stop pedaling for several seconds, a tone will sound and the program will pause. To restart the program, simply resume pedaling.

7 Adjust the angle of the ramp as desired.

See step 4 on page 12.

8 Monitor your progress with the two displays.

See step 5 on page 12.

9 Turn on the fan if desired.

See step 7 on page 13.

10 When the program is finished, the console will automatically turn off.

See step 8 on page 13.

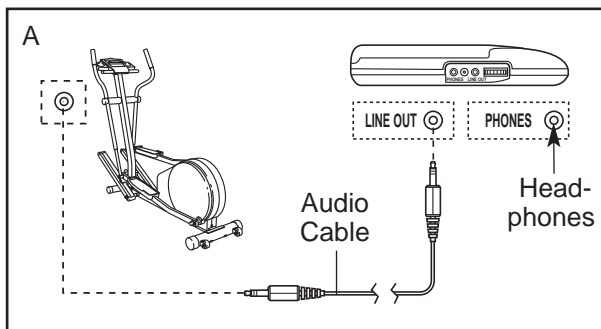
HOW TO CONNECT YOUR CD PLAYER, VCR, OR COMPUTER

To use **iFIT.com CDs**, the elliptical exerciser must be connected to your portable CD player, portable stereo, home stereo, or computer with CD player. See pages 17 and 18 for connecting instructions. To use **iFIT.com videocassettes**, the elliptical exerciser must be connected to your VCR. See page 19 for connecting instructions. To use **iFIT.com programs directly from our Web site**, the elliptical exerciser must be connected to your home computer. See page 18 for connecting instructions.

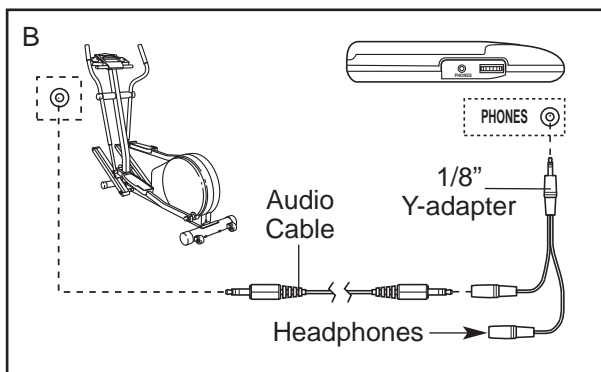
HOW TO CONNECT YOUR PORTABLE CD PLAYER

Note: If your CD player has separate **LINE OUT** and **PHONES** jacks, see instruction A below. If your CD player has only one jack, see instruction B.

- A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the **LINE OUT** jack on your CD player. Plug your headphones into the **PHONES** jack.



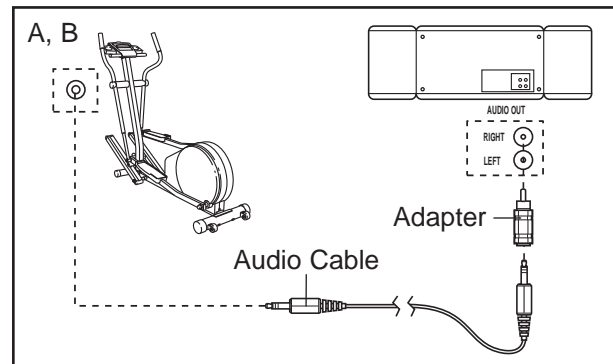
- B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into a 1/8" Y-adapter (available at electronics stores). Plug the Y-adapter into the **PHONES** jack on your CD player. Plug your headphones into the other side of the Y-adapter.



HOW TO CONNECT YOUR PORTABLE STEREO

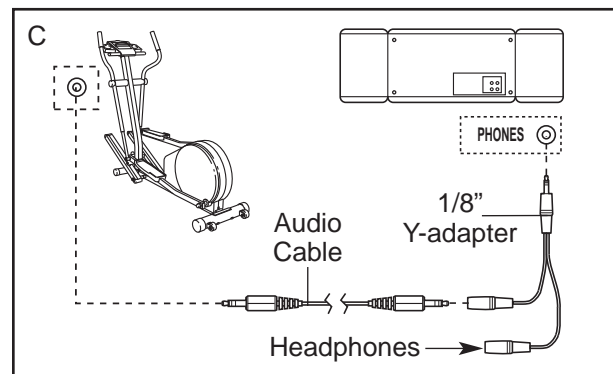
Note: If your stereo has an **RCA-type AUDIO OUT** jack, see instruction A below. If your stereo has a 1/8" **LINE OUT** jack, see instruction B. If your stereo has only a **PHONES** jack, see instruction C.

- A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the adapter. Plug the adapter into an **AUDIO OUT** jack on your stereo.



- B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the **LINE OUT** jack on your stereo. Do not use the adapter.

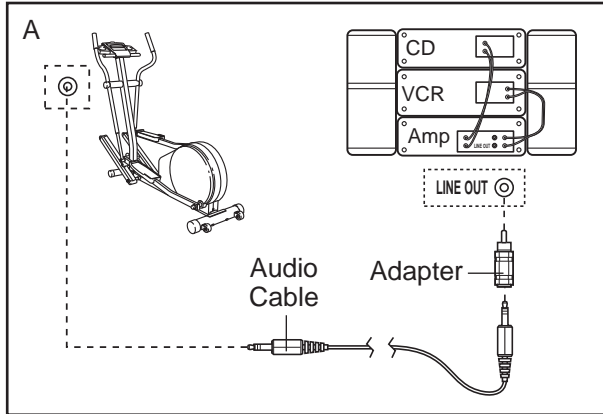
- C. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into a 1/8" Y-adapter (available at electronics stores). Plug the Y-adapter into the **PHONES** jack on your stereo. Plug your headphones into the other side of the Y-adapter.



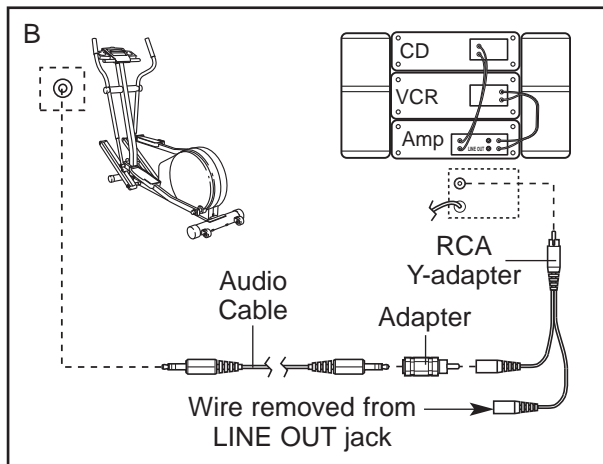
HOW TO CONNECT YOUR HOME STEREO

Note: If your stereo has an unused **LINE OUT** jack, see instruction A below. If the **LINE OUT** jack is being used, see instruction B.

- A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the adapter. Plug the adapter into the **LINE OUT** jack on your stereo.



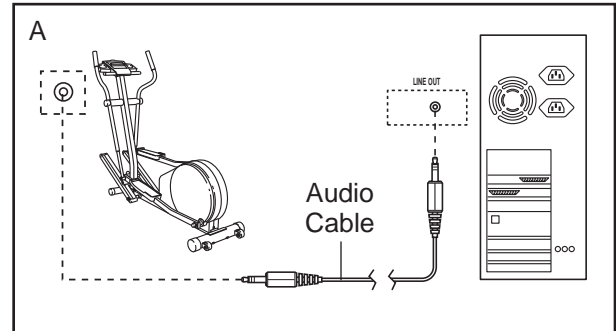
- B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the adapter. Plug the adapter into an **RCA Y-adapter** (available at electronics stores). Next, remove the wire that is currently plugged into the **LINE OUT** jack on your stereo and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the **LINE OUT** jack on your stereo.



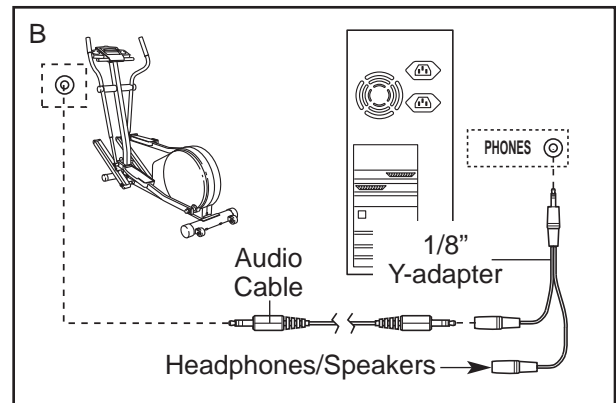
HOW TO CONNECT YOUR COMPUTER

Note: If your computer has a **1/8" LINE OUT** jack, see instruction A. If your computer has only a **PHONES** jack, see instruction B.

- A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the **LINE OUT** jack on your computer.



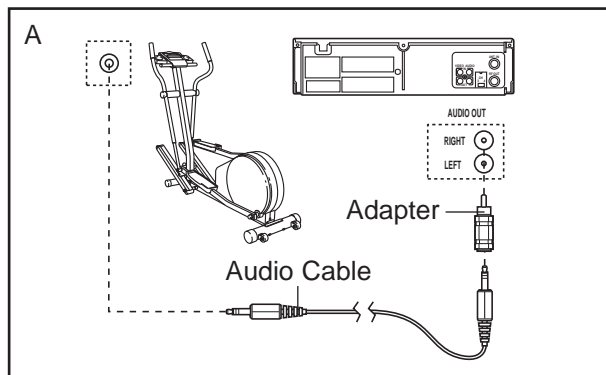
- B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into a **1/8" Y-adapter** (available at electronics stores). Plug the Y-adapter into the **PHONES** jack on your computer. Plug your headphones or speakers into the other side of the Y-adapter.



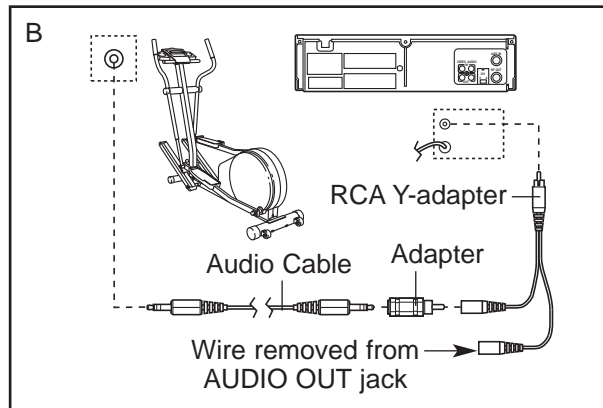
HOW TO CONNECT YOUR VCR

Note: If your VCR has an unused AUDIO OUT jack, see instruction A below. If the AUDIO OUT jack is being used, see instruction B. If you have a TV with a built-in VCR, see instruction B. If your VCR is connected to your home stereo, see HOW TO CONNECT YOUR HOME STEREO on page 18.

- A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the adapter. Plug the adapter into the AUDIO OUT jack on your VCR.



- B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the adapter. Plug the adapter into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the AUDIO OUT jack on your VCR and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the AUDIO OUT jack on your VCR.



HOW TO USE iFIT.COM CD AND VIDEO PROGRAMS

To use iFIT.com CDs or videocassettes, the elliptical exerciser must be connected to your portable CD player, portable stereo, home stereo, computer with CD player, or VCR. See HOW TO CONNECT YOUR CD PLAYER, VCR, OR COMPUTER on pages 17 to 19. **To purchase iFIT.com CDs and videocassettes, call toll-free 1-877-994-4999.**

Follow the steps below to use an iFIT.com CD or video program.

1 Begin pedaling to activate the console.

See step 1 on page 12.

2 Select the iFIT.com mode.

To select the iFIT.com mode, press the iFIT.com button. The indicator beside the button will light.



3 Insert the iFIT.com CD or videocassette.

If you are using an iFIT.com CD, insert the CD into your CD player. If you are using an iFIT.com videocassette, insert the videocassette into your VCR.

4 Press the play button on your CD player or VCR.

A moment after the play button is pressed, your personal trainer will begin guiding you through your workout. Simply follow your personal trainer's instructions.

The program will function in almost the same way as a preset program (see steps 3 and 4 on page 14). However, an electronic "chirping" sound will alert you when the resistance of the pedals and/or the target pace is about to change.

Note: If the resistance of the pedals and/or the target pace does not change when a "chirp" is heard:

- Make sure that the indicator beside the iFIT.com button is lit.
- Adjust the volume of your CD player or VCR. If the volume is too high or too low, the console may not detect the program signals.
- Make sure that the audio cable is properly connected and that it is fully plugged in.

5 Adjust the angle of the ramp as desired.

See step 4 on page 12.

6 Monitor your progress with the two displays.

See step 5 on page 12.

7 Measure your heart rate if desired.

See step 6 on page 13.

8 Turn on the fan if desired.

See step 7 on page 13.

9 When you are finished exercising, the console will automatically turn off.

See step 8 on page 13.

HOW TO USE PROGRAMS DIRECTLY FROM OUR WEB SITE

Our Web site at www.iFIT.com allows you to play iFIT.com programs directly from the internet. To use programs from our Web site, the elliptical exerciser must be connected to your home computer. See **HOW TO CONNECT YOUR COMPUTER** on page 18. In addition, you must have an internet connection and an internet service provider. A list of specific system requirements is found on our Web site.

Follow the steps below to use a program from our Web site.

1 Begin pedaling to activate the console.

See step 1 on page 12.

2 Select the iFIT.com mode.

To select the iFIT.com mode, press the iFIT.com button. The indicator beside the button will light.



3 Go to your computer and start an internet connection.

4 Start your Web browser, if necessary, and go to our Web site at www.iFIT.com.

5 Follow the desired links on our Web site to select a program.

Read and follow the on-line instructions for using a program.

6 Follow the on-line instructions to start the program.

When you start the program, an on-screen countdown will begin.

7 Return to the elliptical exerciser and begin pedaling.

When the on-screen countdown ends, the program will begin. The program will function in almost the same way as a preset program (see steps 3 and 4 on page 14). However, an electronic "chirping" sound will alert you when the resistance of the pedals and/or the target pace is about to change.

8 Adjust the angle of the ramp as desired.

See step 4 on page 12.

9 Monitor your progress with the two displays.

See step 5 on page 12.

10 Measure your heart rate if desired.

See step 6 on page 13.

11 Turn on the fan if desired.

See step 7 on page 13.

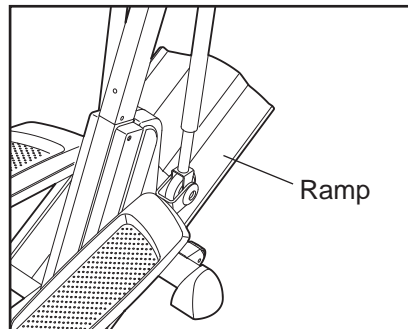
12 When you are finished exercising, the console will automatically turn off.

See step 8 on page 13.

MAINTENANCE AND TROUBLESHOOTING

Inspect and properly tighten all parts of the elliptical exerciser regularly. Replace any worn parts immediately.

For smooth operation of the elliptical exerciser, **inspect and clean the ramp regularly** using a soft cloth and mild detergent. Other parts of the elliptical exerciser can also be cleaned in this way. **Keep liquids off the console. Never use abrasives or solvents.**

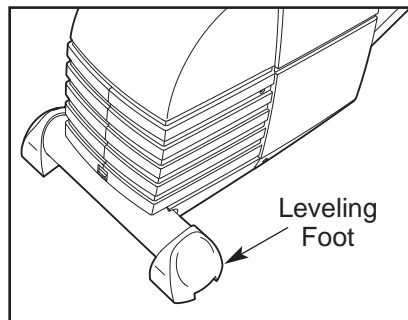


PULSE SENSOR TROUBLESHOOTING

If the handgrip pulse sensor does not function properly, see step 6 on page 13.

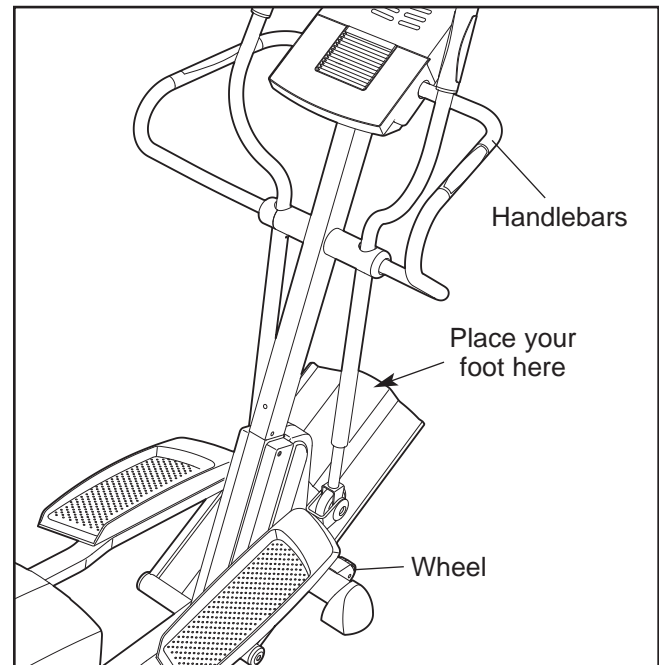
HOW TO LEVEL THE ELLIPTICAL EXERCISER

If the elliptical exerciser rocks during use, turn one or both of the leveling feet under the rear stabilizer until the rocking motion is eliminated.



HOW TO MOVE THE ELLIPTICAL EXERCISER

Stand in front of the elliptical exerciser, hold the handlebars firmly, and place one foot against the ramp in the location shown below. Pull the handlebars until the elliptical exerciser can be moved on the front wheels, and carefully move the elliptical exerciser to the desired location. Then, place one foot against the ramp, and lower the elliptical exerciser. **Due to the size and weight of the elliptical exerciser, use extreme caution while moving and lowering it.**



EXERCISE GUIDELINES

WARNING:




Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (aerobic) exercise.

165	155	145	140	130	125	115	
145	138	130	125	118	110	103	
125	120	115	110	105	95	90	
20	30	40	50	60	70	80	

To find the proper heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers are your “training zone.” The lower two numbers are recommended heart rates for fat burning; the highest number is the recommended heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time.

During the first few minutes of exercise, your body uses easily accessible *carbohydrate* calories for energy. Only after the first few minutes of exercise does your body begin to use stored *fat* calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone as you exercise.

For maximum fat burning, adjust the intensity of your exercise until your heart rate is near the middle number in your training zone as you exercise.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone as you exercise.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A warm-up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.)

A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week if desired. The key to success is to make exercise a regular and enjoyable part of your everyday life.

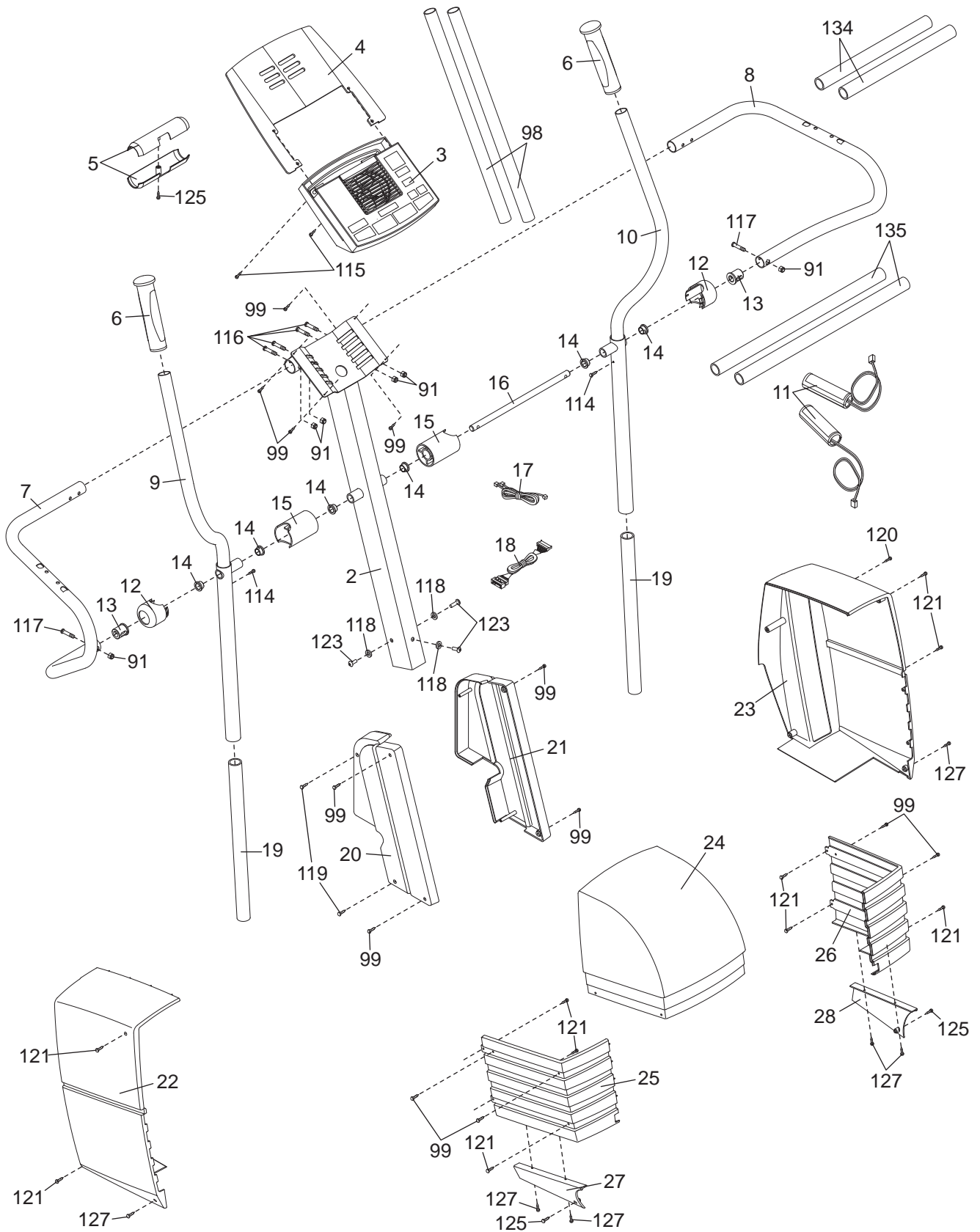
PART LIST—MODEL NO. RBEL79740

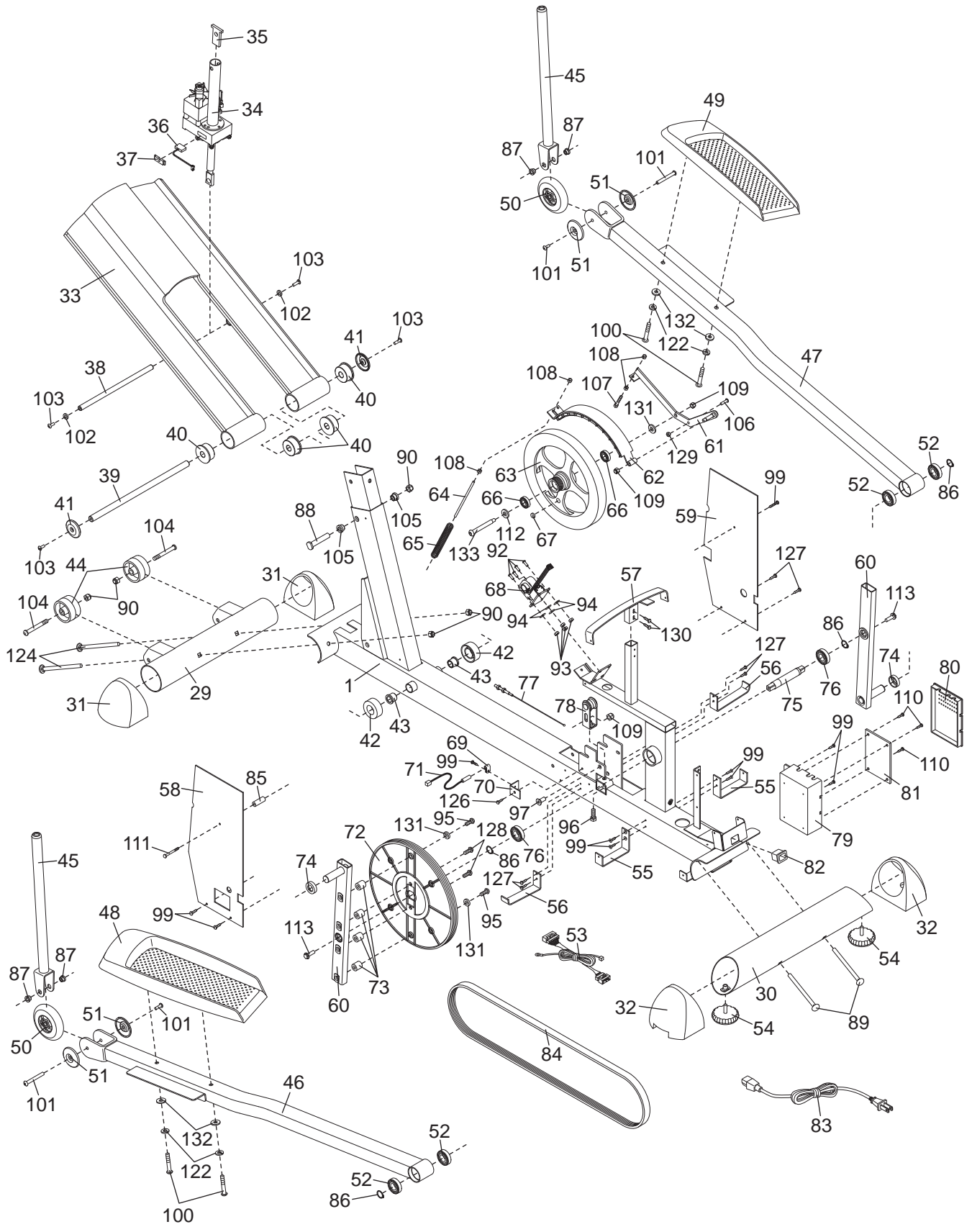
R1104A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	53	1	Lower Wire Harness
2	1	Upright	54	2	Foot
3	1	Console	55	2	Rear Side Shield Bracket
4	1	Book Rack	56	2	Front Side Shield Bracket
5	1	Upper Handlebar Cover	57	1	Upper Side Shield Bracket
6	2	Hand Grip	58	1	Left Inner Shield
7	1	Left Handlebar	59	1	Right Inner Shield
8	1	Right Handlebar	60	2	Crank Arm
9	1	Left Upper Body Arm	61	1	"C" Magnet Bracket
10	1	Right Upper Body Arm	62	1	"C" Magnet
11	2	Pulse Sensor/Wire	63	1	Flywheel
12	2	Handlebar Cap	64	1	Alignment Rod
13	2	Handlebar Bushing	65	1	Spring
14	6	Upper Body Bushing	66	2	Flywheel Bearing
15	2	Upper Body Cover	67	1	Magnet
16	1	Pivot Axle	68	1	Resistance Motor
17	1	Pulse Extension Wire	69	1	Reed Switch Clamp
18	1	Upper Wire Harness	70	1	Reed Switch Bracket
19	2	Plastic Sleeve	71	1	Reed Switch/Wire
20	1	Left Upright Cover	72	1	Pulley
21	1	Right Upright Cover	73	4	Pulley Spacer
22	1	Left Side Shield	74	2	Crank Arm Spacer
23	1	Right Side Shield	75	1	Crank
24	1	Side Shield Cover	76	2	Crank Bearing
25	1	Left Rear Side Shield	77	1	Resistance Cable Set
26	1	Right Rear Side Shield	78	1	Idler
27	1	Left Kick Plate	79	1	Control Box
28	1	Right Kick Plate	80	1	Control Box Cover
29	1	Front Stabilizer	81	1	Control Board
30	1	Rear Stabilizer	82	1	Power Receptacle
31	2	Front Stabilizer Endcap	83	1	Power Cord
32	2	Rear Stabilizer Endcap	84	1	Belt
33	1	Ramp	85	1	Shield Spacer
34	1	Lift Motor	86	4	Snap Ring
35	1	Lift Motor Stop Bracket	87	4	Ramp Wheel Bushing
36	1	Lift Sensor	88	1	M10 x 68mm Bolt
37	1	Sensor Cover	89	2	M10 x 105mm Button Screw
38	1	Lift Axle	90	5	M10 Nylon Locknut
39	1	Ramp Axle	91	6	M8 Jam Nut
40	4	Ramp Bushing	92	4	M5 x 12mm Bolt
41	2	Ramp Axle Cover	93	4	M5 Nylon Locknut
42	2	Ramp Spacer	94	4	M5 Washer
43	2	Ramp Axle Bushing	95	2	M8 x 54mm Button Screw
44	2	Wheel	96	1	M8 x 25mm Button Screw
45	2	Chrome Tube	97	1	Idler Bolt
46	1	Left Pedal Leg	98	2	Upper Body Arm Foam
47	1	Right Pedal Leg	99	22	M4 x 16mm Screw
48	1	Left Pedal	100	4	M8 x 52mm Button Bolt
49	1	Right Pedal	101	2	Bolt Set
50	2	Ramp Wheel	102	2	M6 Washer
51	4	Wheel Cover	103	4	M6 x 16mm Button Screw
52	4	Pedal Leg Bearing	104	2	M10 x 60mm Button Bolt

Key No.	Qty.	Description	Key No.	Qty.	Description
105	2	Plastic Bushing	123	3	M10 x 25mm Button Screw
106	1	M6 x 18mm Button Bolt	124	2	M10 x 92mm Carriage Bolt
107	1	M6 x 38mm Bolt	125	3	M4 x 16mm Round Head Screw
108	4	M6 Nut	126	1	M5 x 16mm Screw
109	3	M8 Nylon Locknut	127	12	M4 x 12mm Screw
110	3	#8 x 9.5mm Screw	128	2	M8 x 43mm Button Screw
111	1	M4 x 52mm Screw	129	1	M6 Nylon Locknut
112	1	M10 Washer	130	2	M4 x 30mm Screw
113	2	Flange Screw	131	3	M8 x 16mm Washer
114	2	M5 x 6mm Screw	132	4	M8 Washer
115	2	M4 x 25mm Round Head Screw	133	1	Flywheel Axle
116	4	M8 x 42mm Button Bolt	134	2	Short Handlebar Foam
117	2	M8 x 35mm Button Bolt	135	2	Long Handlebar Foam
118	3	M10 Split Washer	#	6	Allen Wrench
119	2	M4 x 50mm Screw	#	1	Grease
120	1	M4 x 25mm Screw	#	1	Teflon® Lubricant
121	10	M4 x 14mm Screw	#	1	User's Manual
122	4	M8 Split Washer			

Note: # indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.





ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-877-994-4999, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information when calling:

- The MODEL NUMBER of the product (RBEL79740)
- The NAME of the product (REEBOK® RL 645 elliptical exerciser)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the part(s) (see pages 24 to 27)

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of one (1) year from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, products used for commercial or rental purposes, or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

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